



FOR IMMEDIATE RELEASE - February 14th, 2022

Northampton Senior Center to Resume Some In-Person Activities on February 28th

NORTHAMPTON - The Northampton Senior Center building will reopen to the public on Monday, February 28, 2022, after having scaled back to offer essential services only during the recent surge of Omicron variant COVID-19 cases in Hampshire County. The city will gradually increase offerings over the months of March and April with some services remaining online or as curbside (drop off/ pick up) format only. Please note that in light of the ever changing landscape of COVID-19 variants, any additions of programs and services will be assessed and adjusted under the guidance of the Department of Health.

***Proof of vaccination is now required to enter the senior center (Boosters are included in this definition if you qualify).** This requirement will provide additional COVID-19 related protection to the seniors who choose to use the facility. The Board of Health Vaccine Requirement for the Senior Center can be found on the City of Northampton's COVID-19 webpage. <https://www.northamptonma.gov/2104/Covid-19-Information>

The Senior Center will be open Monday through Friday from 8:00 a.m. to 4:00 p.m. for:

Membership Renewal Appointments: Please note that all returning members, and those seeking membership, are required to have a **one time** (15 min) orientation with staff before using the center and attending programs. Appointments are available daily but please call ahead to schedule.

PROGRAMS & SERVICES

STARTING FEBRUARY 28th - MARCH 4th

SMALL GROUPS (social distancing guidelines are still in place)

- **Fitness Center** will resume as of February 28 through reservation (8 person limit). We will now be offering the option of either a 30 minute or an hour long slot to accommodate more people and their preferences. (Note: 3 sessions max are allowed weekly - in either timeframe, including Saturdays which will resume in April -by appointment only). In order to use the fitness center you must complete the membership paperwork, get your doctors sign-off and attend an orientation prior to starting your membership).
- **Classes** - See individual listings* on city website for details, only small class sizes allow social distancing

- **Game Room** will be open for billiards (max 4 per hour, sign-up at reception)
- **Movies** (with 6ft distance, no reservation required)
- **Curbside Lunch and Food Distribution** Programs will continue as pick-up options

STARTING MARCH 7th - MARCH 11th

- **Fitness Classes** will be offered in person and as a hybrid option as of March 7th. Registration on [MyActiveCenter.com](https://www.myactivecenter.com) is still the best way to sign-up and pay. However, we will take payments at reception. Many members continue to enjoy fitness classes on Zoom and even though some people will return to classes on-site, anyone who wants to continue on Zoom will still have this option for most fitness offerings.

STARTING MARCH 14th- MARCH 18th

- **Wellness Services** - Reiki resumes March 14th and Foot Clinics resume March 15th. Please call to schedule.

STARTING in APRIL - Activities that cannot be done six feet apart will likely be able to start in April if all continues to look good with transmission rates.

- **Saturday Fitness Hours** (8:15-11:45) will resume in April, by appointment only
- **Larger Group Activities and Classes** that cannot occur while social distancing will start once this guideline is lifted (ie. large discussion groups, cards, knitting group etc)

STARTING WHEN MASK MANDATE IS LIFTED

- **Food and Beverages On-site:** The Bistro and Coffee Shop will not reopen just yet. Once the mask mandate is lifted we will announce a date when food and drink will again be served on-site (it looks like this may happen soon, definitely sometime this Spring). Until then curbside lunch will continue to be provided (register and pay on [MyActiveCenter.com](https://www.myactivecenter.com)) and we will be planning for lots of options for sharing food together as we move forward.

Registration: Most classes and services require pre-registration or an appointment. Registration for classes can be done easily on [MyActiveCenter.com](https://www.myactivecenter.com) and by phone. Please note that some classes may remain virtual depending on the instructors preferences, some may be offered on-site only and others will be offered in a hybrid option (on Zoom and as an in-person class, please call if you are not sure).

PHONE US: 413-587-1228 Please follow the prompts for the correct extension and leave a message, we will return your call within 24-48 hrs. **EMAIL US:** seniorservices@northamptonma.gov

For our most up to date information:

<https://www.facebook.com/Northampton-Senior-Services-423047648262177>

* <https://northamptonma.gov/2055/Senior-Services>